Whether you’re charging up for the day with a morning swim, relieving stress during midterms with a high intensity interval class or relaxing after work with a yoga session, the Marshall Recreation Center offers a variety of options to suit your individual, healthy lifestyle.

There’s something for everyone—whether it be personal training, group workout sessions, nutrition consultations, equipment rentals, outdoor trips, intramurals or any of the many options we offer, the Marshall Recreation Center is dedicated to helping you maintain a healthy lifestyle.

Combining fresh new ideas with creative ways to increase the health of the community and make fitness easier for you is our job. All you have to do is jump in the pool, belay up the climbing wall or pick up a racket — join us.

MISSION
Campus Recreation will promote health and well-being by providing a clean and safe environment, innovative programs and opportunities for student development within the Marshall Community.

VISION
Campus Recreation will have a lifelong impact on the Marshall Community by serving as a destination for healthy lifestyles.

VALUES
Integrity - We are...a culture centered on honesty, trust, respect and accountability.

Empowerment - We are...devoted to the development of our staff and encourage ownership and inspire creativity.

Inclusion - We are...focused on equal opportunity and celebrate differences within our community.

Enthusiasm - We are...passionate, invested and excited to serve others in a positive way.

Teamwork - We are...committed to fostering relationships, supportive of one another and work together to achieve our purpose.
Another Spring has begun to settle on Marshall University and Huntington, and we here at the Marshall Rec Center are excited for all the programs, classes and special events we have in store for our students and members.

The Indoor Triathlon is always a big hit, and for those of you looking for a unique challenge, it could be the event for you. Check out the new and improved F45 studio to experience this awesome HIIT, circuit and functional training class sure to get your heart pumping! You’ll have a chance to meet with some informative vendors at WellFest to help you become the best version of yourself, both in body and spirit. These are just a few of the events we have scheduled for you – the book you are holding in your hand is your guide to everything we have to offer.

Make sure to follow Campus Recreation on our social media, it is a great way to keep up to date on all of our special events and Rec updates. Our F45 Instagram account is up and running @f45_training_marshall, hop on there and give it a follow. With a new workout every day, you never know what you’ll find.

As we prepare for a spring season of events, programs and classes, we welcome your feedback and look forward to providing you with a variety of options to suit your individual healthy lifestyle. Try a new class, swim some laps, climb the wall – join us!

In good health,

Michele Muth
Director of Campus Recreation
Marshall University
DOWNLOAD THE MARSHALL REC ACCOUNT APP TODAY!

Features include

- Swipe Entry
- Program Registration
- Class Enrollment
- Account Management
- Hours of Operation

Stay up to date with The Rec!

*App available on iTunes & Google Play.
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<th>Section</th>
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</thead>
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<td>Aquatics &amp; Safety</td>
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<td>Fitness &amp; Well-Being</td>
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<tr>
<td>Youth Programs</td>
<td>33-34</td>
</tr>
</tbody>
</table>
JOIN OUR TEAM
VISIT OUR RECRUITMENT SESSIONS ON:
1/15 & 4/15
3:30-5:30pm

Rec positions are open to all Marshall & MCTC Students. Dress professionally and do not forget your resume!

VISIT OUR RECRUITMENT SESSIONS ON:
1/15 & 4/15
3:30-5:30pm

Rec positions are open to all Marshall & MCTC Students. Dress professionally and do not forget your resume!

www.marshall.edu/campusrec
CONTACT INFORMATION

GENERAL INFO & INQUIRIES
304.696.4732

ADVENTURE RECREATION
304.696.4651

AQUATICS & SAFETY
304.696.3653

COMPETITIVE SPORTS
304.696.4652

FACILITY & BUILDING MAINTENANCE
304.696.2943

FACILITY RENTALS
304.696.4107

FITNESS & WELL-BEING
304.696.4653

MARKETING
304.696.3633

MEMBER & GUEST SERVICES
304.696.3633

YOUTH PROGRAMS
304.696.4652
**HOURS OF OPERATION**  
January 12 - May 22, 2020

**FACILITY**
- **Monday - Thursday**: 6am-11pm  
- **Friday**: 6am-10pm  
- **Saturday**: 9am-7pm  
- **Sunday**: 12pm-10pm

**POOL & SPA**
- **Monday - Thursday**: 6am-10am, 12pm-2pm, 4pm-10pm  
- **Friday**: 6am-10am, 12pm-2pm, 4pm-9pm  
- **Saturday**: 9am-6pm  
- **Sunday**: 12pm-7pm

**CLIMBING WALL & OUTDOOR RENTALS**
- **Monday - Friday**: 4pm-10pm  
- **Saturday - Sunday**: 2pm-7pm

**MODIFIED HOURS & CLOSURES**
- **Spring Break** | March 22  
  12pm-7pm
- **Spring Break** | March 23-26  
  6am-8pm
- **Spring Break** | March 27  
  6am-7pm
- **Spring Break** | March 28  
  9am-7pm
- **Easter** | April 12  
  CLOSED
- **Special Event** | April 25  
  9am-6pm
- **St. Mary’s Gala** | May 16  
  CLOSED
- **Shutdown - Cleaning** | May 17-22  
  CLOSED

*Hours, pricing and scheduling are subject to change. Please check our website or app for the most up to date information.*
NEWSLETTER
Stay up to date with our monthly newsletter! Visit our website & click 'Sign-up for our Newsletter' on the right hand side!

PROSHOP
Located just off the main lobby, the ProShop is where members and guests can purchase memberships, register for programs and purchase a variety of products and equipment. Here you can find an assortment of hydrating beverages and healthy snacks perfect for a post workout pick-me-up, equipment for your next workout and more. Whether you’re in need of sport specific gear or Rec apparel, the ProShop is your one stop shop!

REC ROOM
The Rec Room provides a great space to relax and hang out with friends. Whether you are in to E-gaming or playing a game of ping pong, we have got you covered! Check out games and controllers for our PS4 and Xbox from equipment check out or feel free to bring your own gaming systems and games.
# Rates & Eligibility

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>1 Month</th>
<th>Monthly</th>
<th>Annual</th>
<th>Single/Guest</th>
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</thead>
<tbody>
<tr>
<td>Alumni</td>
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<tr>
<td>Marshall Associate</td>
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<td>Marshall Health Fitness</td>
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<td>$10</td>
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<td>PEIA Weight Management</td>
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<td>Recent Alumni</td>
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<td>$480</td>
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<table>
<thead>
<tr>
<th>Add On's</th>
<th>1 Month</th>
<th>Monthly</th>
<th>Annual</th>
<th>Single/Guest</th>
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</thead>
<tbody>
<tr>
<td>Child of Non-Student (Ages 6-15)</td>
<td>$15</td>
<td>$15</td>
<td>$180</td>
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</tr>
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<td>Child 5 and Under</td>
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<td>$0</td>
<td>$0</td>
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<tr>
<td>Family +4</td>
<td>$45</td>
<td>$45</td>
<td>$540</td>
<td>$10 Per Guest</td>
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<td>Household Members</td>
<td>$25</td>
<td>$25</td>
<td>$300</td>
<td>$10</td>
</tr>
</tbody>
</table>

*Receive a 20% discount when purchasing an annual membership.

**Additional Information:**

- Amenities: Two fitness floors, fitness studios, indoor track, rock wall, locker rooms, indoor pool & spa, basketball courts, racquetball courts, turf field and game room.
- Member benefits: Free group fitness classes, free daily use lockers, discounts on all programming (swim school, kids night out, camps, personal training, fitness assessments, outdoor trips, rentals, birthday parties, team building, safety certifications, etc.).
- Main membership must be purchased for add-on's to be eligible (child, family +4, or household member).
MEMBERSHIP TYPES

FRIENDS & AFFILIATES
Friends & Affiliates regularly make contributions to the University through their services and financial contributions. These members include: members of the Big Green Scholarship Foundation, Marshall University Foundation, employees of Cabell Huntington Hospital, St. Mary’s Medical Center, HIMG, King’s Daughters Medical Center or VA Medical Center. Verifying identification is required, such as your employee ID.

MARSHALL HEALTH FITNESS
The Marshall Health Fitness program is only open for Marshall University or Marshall Health Employees. Participants MUST have written approval from their primary physician to participate and attend quarterly fitness assessments. There are many benefits to this type of membership, including a personal training session upon entry into the program, quarterly fitness assessments and unlimited access to the Rec.

PEIA WEIGHT MANAGEMENT
In order to join the PEIA program, patrons must hold PEIA Preferred Provider Benefit Insurance and be enrolled in the Weight Management Program at www.peia.wv.gov. Members of this program must commit to 2 years in the program. Training sessions, nutrition consultations with a registered dietitian, fitness assessments and unlimited access to the Rec are included.

ADD ON’S
CHILD OF NON-STUDENT
Children of non-students ages 6-15, may join the Rec. Children 5 and under are FREE until their 6th birthday. This membership type is for children of Marshall Employees, Marshall Associates, Marshall Health Fitness, Friends & Affiliates, PEIA, Alumni and Recent Alumni. Our monthly Kid’s Night Out events are free, and members may take advantage of discounts for camp, swim lessons and other services.

FAMILY +4
This membership type may consist of children, household members, spouses and/or partners at least 16 years of age or older. This membership type can only be purchased in conjunction with an active member. Two of the following criteria must be met: Proof of joint financial responsibility, same last name, marriage license and/or same residence along with verifying identification.

ALUMNI
Show your Marshall spirit and join the Rec as a Marshall Alumni member! Alumni are defined as individuals that have attended Marshall University or are members of the Alumni Association. Proof of graduation or Alumni Association Membership is required.

MARSHALL ASSOCIATE
Associate members are employees of associated entities who work full-time on behalf of the University’s mission. These members include: Mountwest Community College, Marshall University Foundation, Inc., Big Green Foundation, Inc., Marshall Health, Marshall University Research Corporation, eFollette, Sodexo and all other approved contracted or outsourced employees working on behalf of Marshall University. Proof of associate relationship with Marshall University is required upon membership registration.

MARSHALL EMPLOYEE
Campus Recreation welcomes current employees, university retirees and adjunct faculty/staff at the lowest membership rate available. Marshall Employees are eligible for payroll deduction. An auto-draft form must be completed and turned in at the Welcome Desk. Verifying identification is required, such as your Marshall ID or proof of retirement.

RECENT ALUMNI
Recent Alumni are defined as individuals that have attended Marshall University within the past 12 months. Recent graduates will receive a one-time discount for the first year if joining within 12 months of their graduation date.

SILVERSNEAKERS / SILVERFIT
Certain insurance providers have wellness programs available for older adults. Please check with your insurance provider to see if your plan is a participant in SilverSneakers or SilverFit. This program offers patrons unlimited use of the Rec Center.

CHILD OF STUDENT
Children of students ages 6-15, may join the Rec. Children 5 and under are FREE until their 6th birthday. Our monthly Kid’s Night Out is free, and members may take advantage of discounts for camp, swim lessons and other services.

HOUSEHOLD MEMBER
This membership type may consist of children, household members, spouses and/or partners at least 16 years of age or older. This membership type can only be purchased in conjunction with an active member. Two of the following criteria must be met: Proof of joint financial responsibility, same last name, marriage license and/or same residence along with verifying identification.
HAVE YOUR BIRTHDAY AT THE REC!

Aquatic Center, Basketball Court or Multi-purpose Field

This package includes your choice of the pool, basketball court or multi-purpose field as an activity area! A party room where you can sit down, eat and open up gifts is also included. Whether you decide to splash around in the water or play ball on the courts we are sure that you and your friends will have a great time! Package rates are for 50 total participants and spectators combined.

Rock Wall

Our rock wall parties allow for 2 hours of climbing on our 37-foot rock wall followed by 30 minutes for presents and food! Due to limited space, rock wall parties can have up to 50 total people, but only 20 climbers.

Available Times
(Pool, Court or Field)
Saturday
12:30pm - 3:00pm
3:30pm - 6:00pm
Sunday
12:30pm - 3:00pm
3:30pm - 6:00pm

Available Time
(Rock Wall)
Saturday
12:00pm - 2:30pm

Pricing
$175 | Member
$245 | Non-Member

Birthday party rates are for 50 guests, participants and spectators combined. Additional guests may only be added for Pool and Court parties. Additional guests are $3 each and can be purchased at the time of booking or on the day of the party.
FACILITY RENTALS & RESERVATIONS

The Marshall Recreation Center boasts a 123,000 sq. ft. state-of-the-art facility used for a variety of purposes and events. Amenities of the facility include a pool & spa, climbing wall, track, fitness floors and more. The Recreation Center offers a variety of rentals for businesses and individuals wishing to host an event in our unique facility. Rent the Rec for your event!

<table>
<thead>
<tr>
<th>Facility Rentals</th>
<th>Marshall Student Groups/Departments</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Studio</td>
<td>$25</td>
<td>$30</td>
<td>$60</td>
</tr>
<tr>
<td>Climbing Wall</td>
<td>$65</td>
<td>$70</td>
<td>$140</td>
</tr>
<tr>
<td>Outdoor Lounge</td>
<td>$20</td>
<td>$20</td>
<td>$50</td>
</tr>
<tr>
<td>Gym Court</td>
<td>$25</td>
<td>$30</td>
<td>$60</td>
</tr>
<tr>
<td>Turf Field</td>
<td>$75</td>
<td>$80</td>
<td>$160</td>
</tr>
<tr>
<td>Front Lobby</td>
<td>$20</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Outside Deck</td>
<td>$20</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>Leisure Pool (Non-Exclusive)</td>
<td>$35</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>Entire Pool (Exclusive)</td>
<td>$75</td>
<td>$80</td>
<td>$160</td>
</tr>
<tr>
<td>Racquetball Court</td>
<td>$15</td>
<td>$25</td>
<td>$40</td>
</tr>
<tr>
<td>Conference Room</td>
<td>$20</td>
<td>$25</td>
<td>$50</td>
</tr>
<tr>
<td>South Meeting Room</td>
<td>$20</td>
<td>$25</td>
<td>$50</td>
</tr>
</tbody>
</table>

*Prices per hour.

TEAM BUILDING

Our team building program is committed to enhancing leadership development and cohesiveness among group members through adventure-based learning experiences. By placing participants in unique, hands-on activities, they are challenged to develop the following skills: communication, trust, group decision-making processing, interpersonal relationships, self-awareness and confidence. Groups experience success by working together and depending on one another’s strengths. Join us for activities designed to help individuals get to know each other and build a sense of community.

<table>
<thead>
<tr>
<th>Group Size</th>
<th>Marshall Student Groups/Departments</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-15</td>
<td>$30</td>
<td>$60</td>
<td>$100</td>
</tr>
<tr>
<td>16-30</td>
<td>$50</td>
<td>$100</td>
<td>$180</td>
</tr>
<tr>
<td>31-45</td>
<td>$70</td>
<td>$140</td>
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</tr>
<tr>
<td>46-60</td>
<td>$90</td>
<td>$180</td>
<td>$340</td>
</tr>
<tr>
<td>61-75</td>
<td>$110</td>
<td>$220</td>
<td>$420</td>
</tr>
</tbody>
</table>

*Prices per hour.*
A sponsorship package can be customized to suit your promotional needs and budget.

Don’t miss out! Please contact Kayla Dodd, Assistant Director of Marketing & Membership, to get started today.

304.696.3633  dodd18@marshall.edu
PARKING
The suggested parking area is the Joan C. Edwards football stadium annex lot, located on 20th Street and Fifth Avenue, across from the Recreation Center. The lot is a permit lot and is patrolled by Marshall University on the weekdays from 7am to 7pm, Monday through Thursday and from 7am to 4pm on Friday. There are also meters available in the Annex Lot.

PARKING PASSES
We do offer Parking Passes on behalf of the Marshall University Parking Office. The passes are available to non-student and non-faculty/staff members, as well as Medical School students who are in their second year of Medical School and beyond. In order to obtain a Parking Pass, applicable patrons must fill out the Parking Application at the ProShop.

Parking Passes are $30, and run from July 1 to June 30 of the following year. Campus Recreation cannot prorate any pass.

LOCKER & TOWEL SERVICE
Free Day-Use Lockers are available. See our website for details.

Rental Lockers:
Lockers may be rented for a fee on a semester or annual basis. Towel service is included with rental lockers.

<table>
<thead>
<tr>
<th></th>
<th>Monthly (With auto-draft or payroll deduction)</th>
<th>Semester</th>
<th>Annual</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$10/Month</td>
<td>$50</td>
<td>$120</td>
</tr>
</tbody>
</table>

DAILY GUEST PASSES
- Members may sponsor guests by purchasing a daily guest pass.
- Sponsored guests must be accompanied by the sponsoring member in order to use the facility.
- Alumni and former students are eligible to self-sponsor, but are unable to sponsor other non-member guests.
- A building waiver will need to be signed; verification of guest information and a picture will be taken.
- Sponsoring of guests may be restricted, at the discretion of Marshall Recreation Center staff, to prevent facility overcrowding during busy times.
- Members are responsible for their guests’ conduct and any damage to or loss of property that may result in their guests’ actions.
- Disciplinary action may result in the loss of guest or members privileges.
- A parent/guardian must accompany minors at all times. Minors will not be allowed into the facility without supervision.
- Guest Passes are non-refundable and are valid for daily use only.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
<th>Time</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/12-3/15</td>
<td>Kayak Roll Clinic - Weekly Sunday's</td>
<td>Rec Center</td>
<td>7:00PM–9:00PM</td>
<td>M: $10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NM: $15</td>
</tr>
<tr>
<td>1/13-5/9</td>
<td>Belay Skills Clinic - Weekly Mon, Thur, Sat</td>
<td>Rec Center</td>
<td>4:00PM–6:00PM</td>
<td>M: FREE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NM: $25</td>
</tr>
<tr>
<td>1/25-2/15</td>
<td>Youth Climbing Clinic - Weekly Saturday's</td>
<td>Rec Center</td>
<td>11:00AM–12:00PM</td>
<td>M: $40</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NM: $60</td>
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<tr>
<td>2/18,3/17,4/14</td>
<td>Lead Climbing Clinic</td>
<td>Rec Center</td>
<td>6:00PM–9:00PM</td>
<td>M: $15</td>
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<tr>
<td></td>
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<td></td>
<td>NM: $30</td>
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<tr>
<td>2/22-3/14</td>
<td>Youth Climbing Clinic - Weekly Saturday's</td>
<td>Rec Center</td>
<td>11:00AM–12:00PM</td>
<td>M: $40</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NM: $60</td>
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<tr>
<td>2/1</td>
<td>Ski &amp; Snowboard Trip <em>Fee includes travel ONLY</em></td>
<td>Winterplace Ski Resort, WV</td>
<td>7:00AM–11:00PM</td>
<td>M: $5*</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>NM: $10*</td>
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<tr>
<td>5/1</td>
<td>Evening Paddle</td>
<td>Beech Fork State Park, WV</td>
<td>5:00PM–9:00PM</td>
<td>M: $15</td>
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<tr>
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<td></td>
<td>NM: $20</td>
</tr>
<tr>
<td>2/7-2/9</td>
<td>Ski &amp; Snowboard Trip <em>Fee includes travel &amp; lodging ONLY</em></td>
<td>Canaan Valley Ski Resort, WV</td>
<td>Arrive at the Rec by 12:00PM</td>
<td>M: $70*</td>
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<tr>
<td></td>
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<td></td>
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<td>NM: $100*</td>
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<tr>
<td>3/6-3/8</td>
<td>Backpacking</td>
<td>Dolly Sods, WV</td>
<td>Arrive at the Rec by 12:00PM</td>
<td>M: $90</td>
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<tr>
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<td>NM: $120</td>
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<tr>
<td>4/10-4/12</td>
<td>Canoeing</td>
<td>Greenbrier, WV</td>
<td>Arrive at the Rec by 12:00PM</td>
<td>M: $90</td>
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<tr>
<td></td>
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<td>NM: $120</td>
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<tr>
<td>4/24-4/26</td>
<td>Whitewater Rafting</td>
<td>Cheat River, WV</td>
<td>Arrive at the Rec by 12:00PM</td>
<td>M: $150</td>
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<td>NM: $200</td>
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<tr>
<td>3/20-3/29</td>
<td>Rock Climbing &amp; Hiking</td>
<td>Horseshoe Canyon Ranch, AR</td>
<td>Arrive at the Rec by 12:00PM</td>
<td>M: $499</td>
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<tr>
<td></td>
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<td>NM: $569</td>
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<tr>
<td>2/6</td>
<td>Headlamp Climbing</td>
<td>Rec Center</td>
<td>6:00PM–8:00PM</td>
<td>FREE EVENT</td>
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<tr>
<td>2/20</td>
<td>Route Setting 101</td>
<td>Rec Center</td>
<td>4:00PM–7:00PM</td>
<td>FREE EVENT</td>
</tr>
<tr>
<td>3/5</td>
<td>Flag Tag Tournament</td>
<td>Rec Center</td>
<td>6:00PM–8:00PM</td>
<td>FREE EVENT</td>
</tr>
<tr>
<td>3/19</td>
<td>Crate Stacking</td>
<td>Rec Center</td>
<td>6:00PM–8:00PM</td>
<td>FREE EVENT</td>
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</tbody>
</table>

Legend:
- **Instructional Clinics**
- **Day Trips**
- **Weekend Trips**
- **Adventure Trips**
- **Special Events**
For individuals who do not want to do the belay skills clinic you can buy a package of climbing passes for top rope climbing and save. This includes your shoes.

**CLIMBING PASS**

Renting shoes at the wall frequently? You can save by purchasing a single, 10 pack or 20 pack Shoe Rental Pass.

**SHOE PASS**

<table>
<thead>
<tr>
<th></th>
<th>Climbing Pass</th>
<th>Shoe Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$5</td>
<td>$3</td>
</tr>
<tr>
<td>10 Pack</td>
<td>$25</td>
<td>$20</td>
</tr>
<tr>
<td>20 Pack</td>
<td>$40</td>
<td>$30</td>
</tr>
</tbody>
</table>

**BELAY SKILLS CLINIC**

Monday’s, Thursday’s, Saturday’s - Weekly
4pm–6pm

*Members: FREE
Non-Members: $25

*Fee per class.

This clinic serves as a great introduction for new climbers and as a perfect refresher course for previous climbers. Once you enroll and pass the safety and skills class, you can climb as much as you want. Certifications are valid for four months! Register at Adventure Rec or online today.

**KAYAK ROLL CLINIC**

Sunday’s - Weekly
7pm–9pm

*Members: $10
Non-Members: $15

*Fee per class.

Kayak Roll Clinics are designed to provide space for participants to learn and practice kayak rolling skills in the pool. Instructors will be available to meet each participant where they are in their progression. Whether you’ve never sat in a kayak, or are a seasoned paddler, these Kayak Roll Clinics are for you!
DAY TRIPS

WINTERPLACE
SKI RESORT

Skiing & Snowboarding
Saturday, February 1
7am-11pm

See below for pricing.
Join us for a day of skiing or snowboarding at Winterplace with special group pricing available ONLY to the Marshall Community! Tiered pricing is available for those with varied levels of experience and equipment. Register at the ProShop or online today.

Members: $5
Non-Members: $10
* Transportation to Winterplace.

Pay the following upon arrival:
$56 - Lift Ticket
$86 - Lift Ticket & Ski/Board Rental
$96 - Lift Ticket, Ski/Board Rental & Lesson

BEECH FORK
STATE PARK

Evening Paddle
Friday, May 1
5pm-9pm

Members: $15
Non-Members: $20

Join us for a peaceful evening paddle at Beech Fork State Park.
Meet us at the MRC loading dock to hop in the van and head to the state park. Participants will learn the basics of canoeing, and enjoy an evening paddle on the lake. We’ll meet at 5pm, drive away from MRC at 5:15pm, paddle from 6-8pm, and return around 9pm.
Please bring water, snacks, and appropriate clothes and footwear for paddling, and we’ll provide canoes, paddles, PFD’s, transportation, and instruction. Register at the ProShop or online today.

ADVENTURE TRIPS

HORSESHOE CANYON RANCH

Rock Climbing & Hiking
March 20-29

Registration Deadline: Tuesday, March 10
Pre-Trip Meeting: Tuesday, March 17
5pm-7pm | Wellness Classroom
*Must attend Pre-Trip Meeting.

Members: $499
Non-Members: $569

Explore the wonders of the Ozark Mountains and the Buffalo National River this spring. Participants will climb at Horseshoe Canyon Ranch, one of the area’s premier sites, and hike along the breathtaking Buffalo River on this 8-day adventure. Don’t miss your chance to do spring break right.

Adventure, fun, and new experiences await you this Spring Break. We will be traveling to the heart of the Ozarks to climb at Horseshoe Canyon Ranch, a world class climbing destination, nestled in the heart of the Ozark Mountains in Arkansas. Envision yourself climbing, hiking, and exploring throughout the day, while relaxing around a campfire during the night. While there will be plenty of climbing to go around, we will participate in day hike explorations of the surrounding waterfalls, vistas, and wildlife.

Throughout our adventure, your leaders will teach you everything you need to know about climbing, hiking, and camping as well as the history and the ecosystems of the surrounding area. This is a great opportunity to take time away from the stress of society and experience the natural world around us. And we’ll build lasting friendships as we adventure together! Register at the ProShop or online today.
WEEND TRIPS

CANAAN VALLEY SKI RESORT

Skiing & Snowboarding
February 7-9
Registration Deadline: Wednesday, February 5
See below for pricing.

Looking for an all inclusive winter weekend adventure? This trip is for you. We will be staying two nights in a cozy cabin and enjoying two full days of skiing up at Canaan Valley Resort. Transportation and lodging are included and equipment is available to rent. Register at the ProShop or online today.

Students & Members: $70
Non-Members: $100
* Transportation & Lodging to Canaan Valley.

Pay the following upon arrival (Price per day):

<table>
<thead>
<tr>
<th>Student Prices</th>
<th>Member/Non-Member Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>$45 - Lift Ticket</td>
<td>$70 - Lift Ticket</td>
</tr>
<tr>
<td>$55 - Lift &amp; Ski Rental</td>
<td>$108 - Lift &amp; Ski Rental</td>
</tr>
<tr>
<td>$65 - Lift &amp; Board Rental</td>
<td>$116 - Lift &amp; Board Rental</td>
</tr>
<tr>
<td>$40 - Group Lesson</td>
<td></td>
</tr>
</tbody>
</table>

GREENBRIER RIVER

Canoeing
April 10-12
Registration Deadline: Friday, March 27
Pre-Trip Meeting: Tuesday, March 31
5pm-7pm | Wellness Classroom
*Must attend Pre-Trip Meeting.

Members: $90
Non-Members: $120

Join us for a weekend canoe and camping trip to a local water trail. This trip will be “expedition style” as we will carry all our food, water, and camping gear with us on the Greenbrier. Transportation, equipment, lunch, and instruction are included. Learn the basics of paddling and enjoy a lovely weekend adventure on the water. Designed for all skill levels. Register at the ProShop or online today.

DOOLLY SODS

Backpacking
March 6-8
Registration Deadline: Friday, February 28
Pre-Trip Meeting: Tuesday, March 3
5pm-7pm | Wellness Classroom
*Must attend Pre-Trip Meeting.

Members: $90
Non-Members: $120

This backpacking trip will provide you with an unparalleled experience in extended back country camping and hiking in one of the most famous wilderness areas in the state and region, Dolly Sods Wilderness, part of the Monongahela National Forest. Lace up your boots and join us for a weekend of mountaintop views, starry nights, and laughs around the campfire (or camp stove). Transportation, food, group gear, and instruction will be provided. Register at the ProShop or online today.

CHEAT RIVER

Whitewater Rafting
April 24-26
Registration Deadline: Tuesday, April 14
Pre-Trip Meeting: Tuesday, April 14
5pm-7pm | Wellness Classroom
*Must attend Pre-Trip Meeting.

Members: $150
Non-Members: $200

Join us for a weekend of adventure, including rafting on the Cheat River and exploring Blackwater Falls State Park! No experience required. All food during the trip, transportation, camping, river equipment and guiding will be included. Register at the ProShop or online today.
SPECIAL EVENTS

WINTER CLIMBATHON
January 20–February 19
Rec Center Rock Wall
FREE Event
How many times can you climb to the top of the wall this winter? Every time you climb, you will get a raffle ticket to be entered for a prize. Participants must climb to the top of the bouldering section of the wall 3 times for a raffle entry. The top 3 participants with the most climbs by the end of the event will win a prize. Register at the ProShop or online today.

HEADLAMP CLIMBING
Thursday, February 6
6pm–8pm
Rec Center Rock Wall
FREE Event
Have you ever tried climbing to the top of a wall in the dark? Come give it a shot as we turn out the lights and use headlamps to guide the way. Register at the ProShop or online today.

ROUTE SETTING 101
Thursday, February 20
Rec Center Rock Wall
4pm–7pm
FREE Event
Come and create your own route at the Rock Wall. Staff will go over the components of a good route and guide participants through the route setting process! Register at the ProShop or online today.

FLAG TAG TOURNAMENT
Thursday, March 5
6pm–8pm
Rec Center Rock Wall
FREE Event
The rules to the game of “Flag Tag” are simple: keep your flag on your harness, and keep yourself on the wall. Come to the Rock Wall to try out Flag Tag and compete in the tournament! Register at the ProShop or online today.

CRATE STACKING CHALLENGE
Thursday, March 19
6pm–8pm
Rec Center Rock Wall
FREE Event
See how many crates you can stack and climb without knocking them all down. This unique event will test your balance and technique, challenging you unlike other climbing activities. Register at the ProShop or online today.

www.marshall.edu/campusrec
Are you looking to embark on an upcoming adventure? Not sure where to find all of the necessary equipment? The Marshall Recreation Center offers a wide variety of great rental equipment at low prices. Equipment may only be checked out and returned during the Adventure Rec hours of operation.

<table>
<thead>
<tr>
<th>Equipment Rentals</th>
<th>1 Day Members/Non-Members</th>
<th>Weekend Members/Non-Members</th>
<th>Week Members/Non-Members</th>
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<tbody>
<tr>
<td>Eureka Timberline 2 Tent</td>
<td>$5/$7</td>
<td>$13/$15</td>
<td>$21/$23</td>
</tr>
<tr>
<td>Eureka Timberline 4 Tent</td>
<td>$7/$9</td>
<td>$18/$20</td>
<td>$29/$31</td>
</tr>
<tr>
<td>Eureka Mountain Pass 3 XTE</td>
<td>$9/$11</td>
<td>$23/$25</td>
<td>$37/$39</td>
</tr>
<tr>
<td>Eureka Sleeping Bag</td>
<td>$4/$6</td>
<td>$10/$12</td>
<td>$16/$18</td>
</tr>
<tr>
<td>Liberty Mountain Sleeping Pad</td>
<td>$2/$3</td>
<td>$4/$6</td>
<td>$6/$8</td>
</tr>
<tr>
<td>Mountain Smith Men’s or Women’s Internal Frame Backpack</td>
<td>$4/$6</td>
<td>$10/$12</td>
<td>$16/$18</td>
</tr>
<tr>
<td>Mountain Backpack Rain Cover</td>
<td>$1/$3</td>
<td>$2/$4</td>
<td>$3/$5</td>
</tr>
<tr>
<td>Markhill Propane/Butane Backpacking Stove</td>
<td>$2/$4</td>
<td>$5/$7</td>
<td>$8/$10</td>
</tr>
<tr>
<td>Brunton Backpacking Cook Set</td>
<td>$2/$4</td>
<td>$5/$7</td>
<td>$8/$10</td>
</tr>
<tr>
<td>Primus Backpacking Cook Set</td>
<td>$2/$4</td>
<td>$5/$7</td>
<td>$8/$10</td>
</tr>
<tr>
<td>GSI Camp Cookware Set</td>
<td>$3/$5</td>
<td>$8/$10</td>
<td>$13/$15</td>
</tr>
<tr>
<td>Ozark Trail LED Headlamps</td>
<td>$1/$3</td>
<td>$2/$4</td>
<td>$3/$5</td>
</tr>
<tr>
<td>First Aid Kit</td>
<td>$2/$4</td>
<td>$5/$7</td>
<td>$8/$10</td>
</tr>
<tr>
<td>Silva Compass</td>
<td>$1/$3</td>
<td>$2/$4</td>
<td>$3/$5</td>
</tr>
<tr>
<td>Innova Disc Golf Set</td>
<td>$5/$7</td>
<td>$13/$15</td>
<td>$21/$23</td>
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<tr>
<td>Mad River Canoe Package</td>
<td>$20/$22</td>
<td>$40/$44</td>
<td>$70/$80</td>
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<tr>
<td>Perception Touring Kayak Package</td>
<td>$15/$17</td>
<td>$30/$34</td>
<td>$65/$75</td>
</tr>
<tr>
<td>NRS Spray Jacket</td>
<td>$4/$6</td>
<td>$10/$12</td>
<td>$16/$18</td>
</tr>
<tr>
<td>NRS Mens or Women’s Wetsuit</td>
<td>$4/$6</td>
<td>$10/$12</td>
<td>$16/$18</td>
</tr>
<tr>
<td>Harmony Life Jacket</td>
<td>$2/$4</td>
<td>$5/$7</td>
<td>$8/$10</td>
</tr>
<tr>
<td>Bilge Bag, Strobe Light Kit</td>
<td>$2/$4</td>
<td>$5/$7</td>
<td>$8/$10</td>
</tr>
<tr>
<td>Harmony Water Craft Car Top Carriers</td>
<td>$4/$5</td>
<td>$8/$10</td>
<td>$13/$15</td>
</tr>
<tr>
<td>Crazy Creek Camp Chair</td>
<td>$4/$6</td>
<td>$7/$9</td>
<td>$10/$12</td>
</tr>
<tr>
<td>Climbing Shoes</td>
<td>$7/$10</td>
<td>$12/$15</td>
<td>$19/$24</td>
</tr>
<tr>
<td>Bouldering Pad</td>
<td>$17/$21</td>
<td>$30/$34</td>
<td>$47/$51</td>
</tr>
<tr>
<td>Whitewater Kayak</td>
<td>$30/$35</td>
<td>$55/$60</td>
<td>$85/$90</td>
</tr>
</tbody>
</table>
## MARSHALL REC SWIM SCHOOL

**SPRING 2020**

**Session 1:** January 11th - February 11th  
**Session 2:** February 15th - March 17th  
**Session 3:** March 30th - April 30th

**MEMBERS: $40**  
**NON-MEMBERS: $55**

<table>
<thead>
<tr>
<th></th>
<th>Monday All Sessions</th>
<th>Tuesday All Sessions</th>
<th>Thursday Session 2 &amp; 3 ONLY</th>
<th>Saturday Session 1 &amp; 2 ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swim Tots</strong></td>
<td>5:30-6:00PM</td>
<td>6:15-6:45PM</td>
<td>N/A</td>
<td>10:35-11:05AM</td>
</tr>
<tr>
<td><strong>Preschool 1, 2, 3</strong></td>
<td>5:30-6:00PM</td>
<td>6:15-6:45PM</td>
<td>5:30-6:00PM</td>
<td>10:35-11:05AM</td>
</tr>
<tr>
<td><strong>Level 1</strong></td>
<td>6:15-6:55PM</td>
<td>5:30-6:10PM</td>
<td>6:15-6:55PM</td>
<td>9:50-10:30AM</td>
</tr>
<tr>
<td><strong>Level 2</strong></td>
<td>6:15-6:55PM</td>
<td>5:30-6:10PM</td>
<td>6:15-6:55PM</td>
<td>9:05-9:45AM</td>
</tr>
<tr>
<td><strong>Level 3</strong></td>
<td>5:30-6:10PM</td>
<td>6:15-6:55PM</td>
<td>5:30-6:10PM</td>
<td>9:50-10:30AM</td>
</tr>
<tr>
<td><strong>Level 4</strong></td>
<td>N/A</td>
<td>5:30-6:10PM</td>
<td>N/A</td>
<td>9:05-9:45AM</td>
</tr>
<tr>
<td><strong>Level 5</strong></td>
<td>6:15-6:55PM</td>
<td>N/A</td>
<td>N/A</td>
<td>9:05-9:45AM</td>
</tr>
</tbody>
</table>

*Fees adjusted for classes on 1/20,  
**MEMBER | $32  
**NON-MEMBER | $44

### SWIM CONDITIONING

The Swim Condition Clinics will focus on helping each participant become a proficient swimmer, targeting improvement in endurance and technique. This clinic will be styled similar to a long swim workout, while also targeting stroke development.

**April 4th, April 18th, April 25th**  
**10:00-11:30AM - Price Per Lesson**

**MEMBERS: $20**  
**NON-MEMBERS: $30**
PRIVATE SWIM LESSONS

Private Lessons are available for individuals who would like to request a specific instructor, need more flexibility in scheduling or prefer one-on-one-instruction. Private lessons will be 30 minutes long. Instructors will follow the same basic curriculum, but will be able to individualize instruction based on goals of the participants. Complete an online form to request private lessons.

Make-up lessons are available to those who have missed a lesson in their session. Pre-Registration required.

AQUATICS & SAFETY | 304.696.3653
CERTIFICATIONS
Campus Recreation offers American Red Cross Certification Courses in CPR/AED, First Aid, Lifeguarding and Instructor Certifications. Students, faculty, staff and the community are welcome to enroll in these classes. Certified American Red Cross instructors teach all classes. These programs are offered in blended learning formats (online learning with instructor-led skill session); registrants will receive the online learning link one week prior to the start of class. Assigned online lessons must be completed prior to the start of the class.

Please note that participation in a certification class does not guarantee certification. All skills related to the certification must be properly demonstrated as defined by the curriculum to receive certification.

LIFEGUARD TRAINING
Friday, April 17 | 5pm-9pm
Saturday, April 18 | 9am-5pm
Sunday, April 19 | 9am-5pm
Sunday, April 26 | 9am-12pm
*Must attend all classes and complete online blended learning to receive certification.

Members: $180
Non-Members: $240

Monday, May 4 | 4-8pm
Tuesday, May 5 | 4-8pm
Wednesday, May 6 | 4-8pm
Thursday, May 7 | 4-8pm
Friday, May 8 | 4-8pm
*Must attend all classes and complete online blended learning to receive certification.

Members: $180
Non-Members: $240

*Lifeguard Training is also offered as a Fall and Spring PEL course. See your advisor for more details or visit mubert.marshall.edu/scheduleofcourses.php

The American Red Cross Lifeguarding course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program is the blended learning format which consists of 7 hours eLearning and 19 hours 45 minutes in-person skill and knowledge training. Certification is valid for 2 years from date of class.

Register at the ProShop or online today.

Candidates must:
• Be at least 15 years old on or before the final scheduled session of the course.
• Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
• Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
• Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Swim goggles are not allowed. Surface dive, feet-first or head first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point.
ADULT & PEDIATRIC FIRST AID WITH CPR/AED

*Please call 304.696.3653 to schedule.

Members: $70
Non-Members: $90

The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program is offered in the blended learning formats that consists of 5 hours of eLearning followed by a 2 hour in-person skill training. Certification is valid for 2 years from date of class.

CPR FOR THE PROFESSIONAL RESCUER & HEALTH CARE WORKER

Saturday, January 11 | 1pm–4pm
Saturday, January 25 | 1pm–4pm
Saturday, February 8 | 1pm–4pm
Saturday, March 14 | 1pm–4pm
Saturday, April 4 | 1pm–4pm
Saturday, May 9 | 1pm–4pm

Members: $70
Non-Members: $90

The purpose of the American Red Cross CPR/AED for Professional Rescuers course is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This program is offered in a blended learning format that consists of 3 hours of eLearning followed by a 3 hour in-person skill training. Certification is valid for 2 years from date of class. This course will satisfy the CPR requirement for most medical professionals in training. Register at the ProShop or online today.
<table>
<thead>
<tr>
<th>LEAGUES</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>5v5 Basketball</td>
<td>1/26-3/12</td>
<td>M, T, W 6-11pm</td>
<td></td>
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<tr>
<td>5v5 Futsal</td>
<td>1/26-3/12</td>
<td>SUN, R 6-11pm</td>
<td></td>
</tr>
<tr>
<td>4v4 Wallyball</td>
<td>1/26-3/12</td>
<td>T, W 6-11pm</td>
<td></td>
</tr>
<tr>
<td>Racquetball</td>
<td>1/26-3/12</td>
<td><em>Self-Scheduled</em></td>
<td></td>
</tr>
<tr>
<td>Table Tennis</td>
<td>1/26-3/12</td>
<td><em>Self-Scheduled</em></td>
<td></td>
</tr>
<tr>
<td>E-sports</td>
<td>1/26-3/12</td>
<td><em>Self-Scheduled</em></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOURNAMENTS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dodgeball</td>
<td>1/23</td>
<td>R 6pm</td>
</tr>
<tr>
<td>Madden - Xbox</td>
<td>2/1</td>
<td>SAT 1pm</td>
</tr>
<tr>
<td>Wiffleball</td>
<td>2/22</td>
<td>SAT 1pm</td>
</tr>
<tr>
<td>Spikeball</td>
<td>3/14</td>
<td>SAT 1pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>LEAGUES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>7v7 Flag Football</td>
<td>3/8-4/26</td>
<td>SUN, M, T 6-11pm</td>
</tr>
<tr>
<td>16” Softball</td>
<td>3/8-4/26</td>
<td>R 6-11pm</td>
</tr>
<tr>
<td>6v6 Volleyball</td>
<td>3/8-4/26</td>
<td>M, T, W 6-11pm</td>
</tr>
<tr>
<td>8v8 Outdoor Soccer</td>
<td>3/8-4/26</td>
<td>SUN 1-6PM; W 6-11pm</td>
</tr>
<tr>
<td>Badminton</td>
<td>3/8-4/26</td>
<td><em>Self-Scheduled</em></td>
</tr>
<tr>
<td>Tennis</td>
<td>3/8-4/26</td>
<td><em>Self-Scheduled</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOURNAMENTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Volleyball</td>
<td>4/4</td>
</tr>
<tr>
<td>3v3 Basketball</td>
<td>4/18</td>
</tr>
<tr>
<td>FIFA - Xbox</td>
<td>4/19</td>
</tr>
<tr>
<td>Outdoor Cricket</td>
<td>4/25</td>
</tr>
</tbody>
</table>

*QUARTER 3 REGISTRATION DEADLINE JANUARY 23RD*

*QUARTER 3 REGISTRATION DEADLINE MONDAY PRIOR*

*QUARTER 4 REGISTRATION DEADLINE MARCH 5TH*

*QUARTER 4 REGISTRATION DEADLINE MONDAY PRIOR*
E-sports
NOW AT THE REC
Love video games and want to compete with fellow Marshall gamers? The Rec now offers E-sports competitions through intramurals. Sign up now through imleagues.com/marshall.

Join Intramurals Today!
Have fun with friends, meet new people and stay physically and mentally fit with Intramural Sports at the Marshall Recreation Center.

1. Visit www.imleagues.com/marshall or download the IMLeagues app for iPhone or Android.
2. Create an account by selecting Marshall University as the school and inputting your information.
3. Once logged in, go to the “Sports” tab and select your sport.
4. On the Sports page, select your division.
5. Select “Create Team” or “Join as a free agent” and follow the steps.

If we don’t offer a sport you are interested in, let us know and we’ll find a way to get it started!

Become an Intramural Official
Are you interested in becoming a sports official at the Rec? There are a wide range of intramurals offered each semester. No experience is necessary, there will be trainings to prepare you for each sport. Attend an upcoming recruitment session to apply.

Register on the IMLeagues app or online - www.imleagues.com/marshall
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15am - 7:00am</td>
<td>F45</td>
<td>F45</td>
<td>F45</td>
<td>F45</td>
<td>F45</td>
<td>F45</td>
<td>unborn</td>
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<tr>
<td></td>
<td>Cycle-45 Studio B</td>
<td>BODYPUMP® Studio A</td>
<td>Cycle-45 Studio B</td>
<td>BODYPUMP® Studio A</td>
<td>CUT 45 Cardio Third Floor</td>
<td></td>
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<tr>
<td>7:00am - 7:30am</td>
<td>CXWORX® Studio B</td>
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<td>9:00am - 9:45am</td>
<td>SilverSplash Pool</td>
<td>SilverClassic Studio A</td>
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<tr>
<td>9:15am - 10:15am</td>
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<td>SilverCircuit Studio A</td>
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<td>SilverCircuit Studio A</td>
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<td>CUT 45 Area 304</td>
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<td>Yoga Flow Studio C</td>
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<td>4:30pm - 5:15pm</td>
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<td>Cycle-60 Studio B</td>
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<td>8:00pm - 9:00pm</td>
<td>Dance Fitness Studio A</td>
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**F45 PASS PRICES**

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Non-Member prices include daily guest fee. All passes are valid 4 months from date of purchase.

*Schedule is subject to change*

Check the app or the website for the most up to date schedule.
Get the boutique experience right here at The Rec! F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts has led to the development of 36 different, 45 minute workout experiences, with more in development by our F45 Athletics Department. This combination of interval, cardiovascular and strength training has proven to be the most effective workout method for burning fat and building lean muscle. Additionally, with the use of F45 heart rate technology you will reach your workout goals faster and know where you perform!

**Group Fitness** *(Free with membership)*

**Chair Yoga**
Chair Yoga is one of the gentlest forms of yoga in which you will practice movements with the use of a chair from the standing or seated position. Use of the chair offers support throughout each movement flow.

**CUT 45**
This all-out circuit style workout focuses on specific muscle groups each class, and offers training at various intensities. Cut some time out of your mid-day routine and join us today!

**CUT 45 CARDIO**
Fused with the circuit style workout offered in CUT 45, this 45 minute class offers a new spin on circuit training! Join this class for a unique blend of cycling and strength training.

**Cycle**
This class consists of hills, flats, sprints and everything in between! A challenging class driven by incredible playlists and motivating instructors. Get ready to sweat, work hard and have fun!

**Dance Fitness**
Dance Fitness will help build cardiovascular endurance while following the beat to motivating and energetic music. Join us and work up a sweat on the dance floor!

**Glide-Fit**
Get a full body workout all on the water! This class is a low-impact, cross training workout performed on an inflatable SUP board in the pool.

**Les Mills BODYCOMBAT®**
BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**Les Mills BODYPUMP®**
Using light to moderate weights with lots of repetition, BODYPUMP® gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You’ll leave the class feeling challenged and motivated, ready to come back for more.

**Les Mills CXWORX®**
Exercising muscles around the core, CXWORX® provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it’s the glue that holds everything together.

**Locomotion**
Locomotion is a low impact class that will help improve your overall fitness level in areas such as endurance, strength, balance and flexibility. With the use of various equipment, such as stability balls and dumbbells, each class will offer new workouts to help you reach your goals!

**SilverSneakers**
- SilverSneakers **Stability** If you want to improve your balance and strength, this is the class for you! Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.
- SilverSneakers **Classic** focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
- SilverSneakers **Splash** provides a fun environment using a splash-board to increase movement and intensity options during shallow-water exercises. This class is suitable for all skill levels, and even safe for those who don’t swim.
- SilverSneakers **Circuit** offers standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels.

**STRONG by ZUMBA®**
Strong by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Yoga Flow**
Yoga Flow focuses on linking conscious breath with a vigorous and mindful Flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.

*Intensity levels for all classes can be adjusted to meet your current fitness level.*
ALL OUT
FITNESS CHALLENGE
Wednesday, January 15
Wednesday, February 5
Wednesday, March 4
Wednesday, April 1
5pm-7pm
Second Floor Fitness
FREE Event
Drop by the Rec to compete alongside fellow gym-goers to see who’s the fittest on campus! Challenge categories include but are not limited to body weight exercises, power lifts, endurance exercises, and the Ninja Rig. The winners within each challenge category will receive a prize plus the chance to be displayed on the “All-Out Fitness” leader board at the Rec and on Social Media!

Challenge categories will be based off of gender and ages, and you must compete in at least 3 events to redeem a participation prize.
Registration not required.

PUSH-PULL
COMPETITION
February 8
Registration from 1/1/2020 to 2/7/2020
9-12pm
Members: $10
Non-Members: $20
April 4
Registration from 3/1/2020 to 4/3/2020
9-12pm
Members: $10
Non-Members: $20

Itinerary on both dates:
9-10am | Weigh-In
10-12pm | Performance (Squat, Bench Press, Dead lift)

This event will consist of three major push-pull lifts; Squat, Bench Press, and Dead lift. Participants are given three attempts per lift to achieve maximum weight for a single repetition. The use of personal equipment (belts, gloves, braces, etc.) are permitted. Participants will be categorized based-off of gender and weight class.
*Participation in Power lifting 101 is encouraged, but not required.
Register at the ProShop or online today.

POWER LIFTING 101
Sunday, January 26
Sunday, February 2
Sunday, March 8
Sunday, March 15
1pm-3pm
Area 304
Members: $10/per class
Non-Members: $20/per class

Purchase All 4 Classes:
Members: $30
Non-Members: $40

Power lifting is a sport consisting of various types of lifts including Bench Press, Squat, and Dead lift where participants are given three attempts per lift to achieve maximum weight for a single repetition. Whether you’re a beginner or advanced competitor, join us for this workshop to take your lifts to the next level! Register at the ProShop or online today.
IRON MONTH
Month of February
Registration from 1/1/2020 to 1/31/2020
FREE Event
FREE Challenge program throughout February “Iron Month” where participants attempt to reach the total distance required to complete an Ironman Triathlon.

Goal distance by race component:
- Swim - 2.4 miles
- Bike - 112 miles
- Run - 26.22

How do I participate?
1. Register online via the app or at the ProShop. You must provide a valid email address to participate.
2. Track your progress throughout the month on the Iron Month Tracking card located on the 2nd floor.
3. Fitness staff will update the Leader board every week to show where you stand!
4. The Coordinator of Fitness will send you a “Welcome” email with guidelines for the program once you register.

IRON MONTH - INDOOR TRIATHLON
GROUP TRAINING
Saturdays | February 1-22
Registration from 1/1/2020 to 1/31/2020
11:30am-1pm
Students: $65
Members: $75
Non-Members: $95
Join an ACE certified Personal Trainer and Triathlete every Saturday during February “Iron Month” from 11:30 AM - 1:00 PM at The Rec to prepare for the Indoor Triathlon on February 29th. Register at the ProShop or online today.

INDOOR TRIATHLON
February 29
8am Race Start
$20 per person in advance
$40 day of race
$50 for 2 or 3 person teams
Register online at www.TriStateRacer.com or pick up an entry form at the Rec.
Adults: Age Groups between 16-60+
- Swim - 300 yards
- Bike - 8 miles
- Run - 2 miles
Kids: Age Groups 10 & Under, 11-15
- Swim - 150 yards
- Bike - 4 Miles
- Run - 1 Miles
WELLFEST
HEALTH & WELL-BEING FAIR
APRIL 8, 2020 | 4-7PM
FREE REC ACCESS ALL DAY FOR MEMBERS & NON-MEMBERS

We will be offering:
• Fitness Demos
• Kid Activities
• Massages
• Giveaways and MORE!

American Red Cross
BLOOD DRIVE
1:00-6:00pm
Court 1

OVER 30 VENDORS!

www.marshall.edu/campusrec
PERSONAL TRAINING

Do you want a challenging, time-efficient workout based on your individual fitness goals? Then look no further. The Marshall Rec Center has a variety of personal trainers who will work with you to achieve your goals and help you find your fit. Each trainer has their own style of training and will work with you to find the trainer that is the best fit for your needs.

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PARTNER PERSONAL TRAINING

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*Partner rates reflect the total cost of the package, each participant pays half the total package price.

SMALL GROUP TRAINING

*Please call 304.696.4653 to schedule.

Small group training is for groups of three or more who are looking for a customized training program.

FITNESS ASSESSMENT

Members: $35  
Non-Members: $50

Test your overall fitness and receive an individualized exercise prescription. Your session will include: Body Fat Percentage, Cardiovascular Testing, Circumference Measurements, Flexibility, Muscular Strength and Endurance Tests. Complete the online request form prior to purchasing your session at the ProShop.

ONLINE RACE EVENT TRAINING (YEAR-ROUND)

Members: $40/Monthly  
Non-Members: $60/Monthly

*Additional fees required for fitness testing.

Whether you are a beginner or an advanced participant, this program is for you! Join our online Race Event Training program to work towards any upcoming event that you are training for. Race events may range from a 5K to a Triathlon. Programming is created by a World Competing Tri-athlete and ACE certified personal trainer. Register at the ProShop or online today.

What you will receive from your Trainer:
1. Pre-race consultation (goal setting for program creation)  
2. Weekly check-in and programming specific toward your event  
3. Post-race consultation

ADVANCED FITNESS TESTING

Marshall Exercise Physiology Lab in the Henderson Center

With this service you will gain additional, in-depth analysis of your current fitness level. Fitness testing includes VO2 Max, Resting Metabolic Rate (RMR), and a BodPod analysis. Complete the online request form prior to purchasing your session at the ProShop.

Pricing for Members & Non-Members (per test)

- Bod Pod: $25  
- RMR: $50  
- VO2 Max: $95

DIETICIAN CONSULTATION

Members: $40  
Non-Members: $60

Our registered Dieticians can help you reach your health goals. For those looking for general wellness, to lose weight, become stronger, learn to meal prep or just find better options for feeding your busy family, our nutritionists can help provide you with the tools you need to make educated choices. Complete the online request form prior to purchasing your session at the ProShop.
Drop the kids off for a night out! They won’t even miss you with a full line-up of activities at the Rec. Swimming, climbing, and playing team sports will keep them busy while you enjoy some free time. Dinner is provided.

Fridays 5PM-9PM

Spring 2020 Dates
January 24 – All Sports
February 14 – Pajama Party
March 13 – Escape Room
April 17 – Spring Splash

Members: FREE
Non-Members: $15.00
Advanced registration is encouraged, limited to 60. Register online or at the Proshop.
SPRING BREAK
KIDS CAMP
March 23-27
9am-4pm; before and after care available.
*Early Bird Price through 2/14/2020
Members: $105
Non-Members: $130
**Regular Price
Members: $130
Non-Members: $155

Healthy Herd Youth Camp is an active day camp, full of games, activities, climbing and swimming. Specific activities and themes vary on a day-to-day basis to create a fun camp for everyone! Our camp counselors have the energy to match the campers, and act as mentors and coaches to provide a safe environment for campers to grow. Campers must bring a lunch. Snack is provided. Register at the ProShop or online today.

YOUTH FITNESS ORIENTATION
30 Minute Session
Members: FREE

To help young members ages 6-15, learn the basics of proper, effective and safe use of cardio and strength equipment, our Personal Trainers offer private equipment orientations. This complimentary service is available to all current and new youth members. They will learn training techniques to maximize the benefits of their exercise program and review appropriate etiquette and behavior guidelines. Reservations must be made 72 hours in advance. Register at the ProShop.

YOUTH CLIMBING
Saturdays | January 25 - February 15
11am-12pm
Members: $40
Non-Members: $60

Saturdays | February 22- March 14
11am-12pm
Members: $40
Non-Members: $60

The clinic is designed for children between the ages of 7-13, who want to try rock climbing, as well as those who want to improve their skills and grow as a climber! The clinic covers a range of skills like belaying and proper equipment use. All equipment is provided. Register at the ProShop or online today.
Are you ready for life changing team training? F45’s unique premium fitness experience combines elements of high intensity interval training (HIIT), circuit training and functional training into one 45-minute workout. Classes are held daily at the Rec.